

CURRICULUM VITAE
Brittney M. Howell, PhD, FAGHE, CPG, CDP

Research Interests

Gerontology, medical anthropology, public health, healthy aging, health promotion interventions, increasing physical activity for older adults, dietary practices, community-based participatory research (CBPR), mixed-methods approaches, interprofessional geriatrics education

Education

University of Kentucky

Doctor of Philosophy, Anthropology

Dissertation: Healthy Aging in the North: Sociocultural Influences on Diet and Physical Activity Among Older Adults in Anchorage, Alaska.

University of Cincinnati

Master of Arts, Anthropology

Thesis: Evidence for Interpersonal Violence or Human Sacrifice? The Case Study of Amato, Acari Valley, Peru

Central Michigan University

Bachelor of Science (Cum Laude), Anthropology

Minors: Natural Resources & Museum Studies

Faculty Appointments

2023-present	Associate Professor, Division of Population Health Sciences; Director, Healthy Aging Research Laboratory; Coordinator, Occupational Endorsement Certificate in Gerontology, University of Alaska Anchorage.
2018-2023	Assistant Professor, Division of Population Health Sciences; and Director, Healthy Aging Research Laboratory, University of Alaska Anchorage.
2007-2018	Adjunct Anthropology Instructor, Northern Kentucky University, Highland Heights, KY
2009-2016	Adjunct Anthropology Instructor, Gateway Community and Technical College, Florence, KY
2014	Adjunct Anthropology Instructor, Eastern Kentucky University, Richmond, KY
2013	Teaching Assistant, University of Kentucky, Lexington, KY
2004	Teaching Assistant, Central Michigan University, Mt. Pleasant, MI

Research Appointments

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| 2023 – 2025 | Co-Director, National Resource Center for Alaska Native Elders, University of Alaska Anchorage, 3211 Providence Dr, Anchorage, AK 99508. |
| 2022 – present | Affiliate Faculty, Department of Anthropology & Geography, University of Alaska Anchorage, 3211 Providence Dr, Anchorage, AK 99508. Chair: Kristen Ogilvie, PhD. |
| 2019 – 2023 | Affiliate Faculty, National Resource Center for Alaska Native Elders, University of Alaska Anchorage, 3211 Providence Dr, Anchorage, AK 99508. Director: David Moxley, PhD. |
| July 2016-Sep 2018 | Research & Development Coordinator, Hope Community Resources, 540 W International Airport Rd, Anchorage, AK 99518. Executive Director: Roy Scheller, PhD. |
| July 2014-2016 | Policy & Research Analyst III, State of Alaska, Department of Health and Social Services, Division of Senior and Disabilities Services, Governor's Council on Disabilities and Special Education. 3601 C Street, Ste 740, Anchorage, AK 99503. Executive Director: Patrick Reinhart. |
| May-Nov 2013 | Research Assistant, <i>LGBT Health in Kentucky</i> . NIH/National Center for Advancing Translational Sciences Grant #UL1RR033173. Department of Family & Community Medicine, College of Medicine, University of Kentucky. PI: Keisa Bennett, MD, MPH. |
| Feb- Nov 2013 | Research Assistant, <i>Development of an Ultra-Brief Screening Tool for Disruptive Behavior Problems in Preschoolers: First Step Toward a Clinical Intervention in Primary Care</i> . NIH/National Center for Advancing Translational Sciences Grant #UL1TR000117/8KL2TR000116-02. Department of Health Behavior, College of Public Health, University of Kentucky. PI: Christina Studts, PhD, LCSW. |
| Jul 2010-Nov 2013 | Research Assistant, <i>An Intergenerational CBPR Intervention to Reduce Appalachian Health Disparities</i> . NIH/National Institute of Diabetes and Digestive and Kidney Diseases Grant # R01 DK081324-01. Department of Behavioral Science, University of Kentucky. PI: Nancy Schoenberg, PhD. |

- June 2012 Temporary Research Technician/Interviewer, Institute of Social and Economic Research University of Alaska Anchorage. Supervisor: M. Virgene Hanna.
- Jul 2010-Dec 2011 Project Manager, *ARRA (American Recovery and Reinvestment Act) Physical Activity Assessment in Eastern Kentucky*, Department of Behavioral Science, University of Kentucky. Faculty Supervisor: Nancy Schoenberg, PhD.
- June 2011 Research Associate, *The Martin County, Kentucky Project: Researching Issues and Building Civic Capacity after an Environmental Disaster*, Department of Sociology, University of Kentucky. Faculty Supervisor: Shaunna Scott, PhD.
- 2007-2011 Evaluation Specialist, Education Research and Measurement Team, Education and Learning Department, Cincinnati Children's Hospital Medical Center (CCHMC). Supervisor: Stacey Farber, PhD.

PUBLICATIONS

Peer-Reviewed Articles

- Adamsen, C., Besse, R., Hiratsuka, V.Y., **Howell, B.M.**, Ibrao, M., & Braun, K.L. (*in prep*). Advancing tribal health equity: Methodology and impact of a longitudinal survey of American Indian, Alaska Native, and Native Hawaiian Elders. *AlterNative*.
- Curtis, A., **Howell, B.M.**, & Chan, J. (*in prep*). Systematic review of the sleep and circadian patterns among older adults in the Circumpolar North. *Journal of Aging and Health*.
- Howell, B.M.**, Hiratsuka, V.Y., Worthington, A.K., Golden, D.M., Redmond, L.C. (*in prep*). Context Matters: Community partnerships and institutional realities for community-Based learning programs in Alaska. *Accepted book chapter abstract* In J.J. He and C. Quay (eds) *Community-Based Learning for an Aging World: Intergenerational & Inclusive Practices for a Humanities of Care*. Intellect Publishing.
- Hiratsuka, V.Y., Adamsen, C., Besse, R., **Howell, B.M.**, Ibrao, M., & Braun, K., (*in prep*). Survey of chronic disease prevalence and risk factors among a sample of American Indian Alaska Native Elders in the U.S. *JMIR Aging*.
- West, N., **Howell, B.M.**, Barnett, J., & King, D. (*under review*). Age-related physical inactivity in Alaska: The role of social needs and socioemotional support. *Journal of Aging & Physical Activity*.
- Hiratsuka, V.Y., Dorame, B., **Howell, B.M.**, Venturini, C., & Rabang, N. (*under review*). Cultural adaptation of the Dementia Friends program for American Indian and Alaska Native communities using the Framework For Reporting Adaptations and Modifications. *Gerontology & Geriatrics Education*.

Redmond, L.C., Golden, D.M., Worthington, A.K., and **Howell, B.M.** (*revised & resubmitted*). The role of self-efficacy and perceptions of healthy aging on physical activity and fruit and vegetable intake among older adults in urban Alaska. *Journal of Aging & Physical Activity*.

Howell, B.M., Worthington, A.K., Redmond, L.C., Hiratsuka, V.Y., Mahanna, A.M., Musa, N., and Garcia, G. (2026). A university student-led hope-based intervention improves fruit and vegetable intake, functional fitness, and BMI among older adults in urban Alaska. *Journal of Cross-Cultural Gerontology*, 41(3), <https://doi.org/10.1007/s10823-026-09589-6>

Howell, B.M., Hansen, M.A., & Hellem, T. (2026). A systematic review of mental health benefits of functional fitness training interventions in older women. *Aging & Mental Health*, 30(6):1171-1190, [doi: 10.1080/13607863.2026.2612737](https://doi.org/10.1080/13607863.2026.2612737).

Howell, B.M., Worthington, A.K., Redmond, L.C., and Hiratsuka, V.Y. (2026). Student experiences with an interprofessional hope-based healthy aging research project. *Gerontology & Geriatrics Education*, 47(1):119-134, [doi: 10.1080/02701960.2024.2362766](https://doi.org/10.1080/02701960.2024.2362766).

Adamsen, C., Ibrao, M., Lee, Y.J., Davis, S., **Howell, B.M.**, Hiratsuka, V.Y., Wu, Y.Y., Lewis, J., Braun, K.L. (2025). Risk and protective factors for mental health among Indigenous older adults in the United States. *American Indian and Alaska Native Mental Health Journal*. [32\(4\):31-56](https://doi.org/10.1080/08980101.2025.2324566).

Worthington, A.K., **Howell, B.M.**, Mahanna, A.M., and Musa, N.A. (2024). Designing health messages for older adults: Factors that influence older adults' perceptions of hope for making health behavior changes. *Journal of Language and Aging Research*, 2(2):6-25. [doi: 10.15460/JLAR.2024.2.2.1377.6](https://doi.org/10.15460/JLAR.2024.2.2.1377.6).

Mahanna, A.M., **Howell, B.M.**, Worthington, A.K., Redmond, L.C., and Hiratsuka, V.Y. (2024). Fruit and vegetable intake, physical activity, and functional fitness among community-dwelling older adults in urban Alaska. *International Journal of Circumpolar Health*, 83(1). Published online ahead of print, [doi: 10.1080/22423982.2024.2359164](https://doi.org/10.1080/22423982.2024.2359164).

Howell, B.M., Trammell, S., Livingston, M., and Royer, R. (2024). Effectiveness and acceptability of an automatic toothbrush among residents in a long-term care home. *Special Care in Dentistry*. Published online ahead of print, [doi: 10.1111/scd.12996](https://doi.org/10.1111/scd.12996)

Howell, B.M., and Guest, M.A. (2024). Why gerontology needs anthropology: Toward an applied anthropological gerontology. *Social Sciences*, 13(1):4, [doi: 10.3390/socsci13010004](https://doi.org/10.3390/socsci13010004)

Howell, B.M. and Peterson, J.R. (2024). Starting a university gerontology research laboratory: Experiences from researchers in public health and psychology. *Geriatrics & Gerontology Education*, 45(2):166-179. <https://pubmed.ncbi.nlm.nih.gov/36573691/>.

Howell, B.M., Harvey, H., and Aguiniga, D. (2023). Creating and improving a faculty learning

community for community-engaged research at a mid-sized, open-enrollment university. *Journal of Community Engagement and Higher Education*, 27(3):157-169. <https://openjournals.libs.uga.edu/jheoe/article/view/2739/2986>

Howell, B.M., Buckingham, S.L., King, C., and Kelly, T. (2023). "A little bit fun, A little bit frustrating." Utilizing Photovoice to document student responsibility during a global pandemic. *Educational Action Research*, 32(5):848–866. doi: [10.1080/09650792.2023.2244536](https://doi.org/10.1080/09650792.2023.2244536)

Howell, B.M., Peterson, J.R., and Corbett, S. (2023). Where are all the men? A qualitative review of the barriers, facilitators, and recommendations to older male participation in health promotion interventions. *American Journal of Health Promotion*, 37(3): 386-400. doi: [10.1177/08901171221123053](https://doi.org/10.1177/08901171221123053).

Howell, B.M., Dahl, E.S., Piech, A., and Farris, A. (2022). A community education curriculum using improvisational theatre techniques for informal dementia caregivers. *Journal of Arts & Humanities*, 11(9): 51-62, <https://doi.org/10.18533/jah.v11i09.2293>

Howell, B.M., Piech, A., and Wolfe, C. (2022). Pilot of a communication program for dementia caregivers using improvisational techniques. *Gerontology & Geriatric Medicine*, 8: 1-3. doi: [10.1177/23337214221123733](https://doi.org/10.1177/23337214221123733)

Howell, B.M., Hanson, B.L., and Wanner, S. (2022). Friendships forged in fitness: An ethnography of older women's social experiences at a community fitness center. *Alaska Journal of Anthropology*, 20(1): 67-81.

Howell, B.M., Seater, M., Davis, K.E., & McLinden, D. (2022). Determining the importance and feasibility of various aspects of healthy aging among older adults using concept mapping. *Ageing & Society*, 42(6): 1403-1421. <https://doi.org/10.1017/S0144686X20001580>.

Peterson, J.R., **Howell, B.M.**, and Hahn, M. (2022). Utilizing the "One Health" model to study aging in urban environments. *Gerontology & Geriatric Medicine*, 8: 1-9. <https://doi.org/10.1177/23337214221116946>.

Howell, B.M., Seater, M. and McLinden, D. (2021). Using concept mapping methods to define "healthy aging" in Anchorage, Alaska. *Journal of Applied Gerontology*, 40(4): 404-413. <https://doi.org/10.1177/0733464819898643>.

Howell, B.M., Redmond, L.C., and Wanner, S. (2021). "I learned that I am loved:" Older adults and undergraduate students mutually benefit from an interprofessional service-learning health promotion program. *Gerontology and Geriatrics Education*, 42(2): 252-267. <https://doi.org/10.1080/02701960.2020.1791104>.

Verbruggen, C., **Howell, B.M.**, and Simmons, K. (2020). How we talk about aging during a global pandemic matters: On ageist othering and aging 'others' talking back. *Anthropology & Aging*, 41(2):230-245. <https://doi.org/10.5195/aa.2020.277>

Howell, B.M. and Peterson, J.R. (2020). "With age comes wisdom:" A qualitative review of elder perspectives on healthy aging in the Circumpolar North. *Journal of Cross-Cultural Gerontology*, 35(2):113-131. <https://doi.org/10.1007/s10823-020-09399-4>.

- Howell, B.M.** (2019). Interactions between diet, physical activity, and the sociocultural environment for older adult health in the Urban Subarctic. *Journal of Community Health*, 45(2), 252-263. [https://doi.org/10.1007/s10900-015-0058-5](#)
- Howell, B.M.** and Bardach, S. (2018). "It's a social thing:" Sociocultural experiences with nutrition and exercise in Anchorage, Alaska. *Arctic Anthropology*, 55(2):1-16. <https://doi.org/10.3368/aa.55.2.1>
- Bardach, S., Schoenberg, N.E., and **Howell, B.M.** (2017). Older patients' recall for lifestyle discussions in primary care. *Journal of Applied Gerontology*, 36(4):386-400. <https://doi.org/10.1177/0733464815574095>
- Bardach, S., Schoenberg, N.E., and **Howell, B.M.** (2016). What motivates older adults to improve diet and exercise patterns? *Journal of Community Health*, 41(1):22-29. <https://doi.org/10.1007/s10900-015-0058-5>
- Tarasenko, Y., **Howell, B.M.**, Studts, C., Strath, S.J., and Schoenberg, N.E. (2015). Acceptability and Feasibility of Physical Activity Assessment Methods for an Appalachian Population. *Journal of Community Health*, 40(4):714-724. <https://doi.org/10.1007/s10900-015-9990-7>
- Bennett, K., Ricks, J., and **Howell, B.M.** (2014). "It's just a way of fitting in:" Tobacco use and the lived experience of lesbian, gay, and bisexual Appalachians. *Journal of Health Care for the Poor and Underserved*, 25(4):1646-1666. <https://doi.org/10.1353/hpu.2014.0186>
- Schoenberg, N.E., Bardach, S., Kruger, T. and **Howell, B.M.** (2013). Appalachian women's perspectives on breast and cervical cancer screening. *Rural and Remote Health*, 13 (3): 2452. [PMCID: PMC4843510. https://doi.org/10.2196/rrh.12009](https://doi.org/10.2196/rrh.12009)
- Schoenberg, N., **Howell, B.M.**, Swanson, M., Grosh, C., and Bardach, S. (2013). Perspectives on healthy eating among Appalachian residents. *Journal of Rural Health*, 29(s1):s25-s34. <https://doi.org/10.1111/jrh.12009>
- Griebeling, S., Vaughn, L.M., **Howell, B.M.**, Dole, D., and Ramstetter, C.L. (2013). From passive to active voice: Using photography as a catalyst for social action. *International Journal of Humanities and Social Science*, 3(2):16-28. <https://doi.org/10.30845/ijhss>
- Scott, S., McSpirit, S., Breheny, P., and **Howell, B.M.** (2012). The long-term effects of a coal waste disaster on social trust in Appalachian Kentucky. *Organization & Environment*, 25(4):402-418. <https://doi.org/10.1177/1086026612467983>
- Kruger, T., **B.M. Howell**, Haney, A., Davis, R.E., Fields, N., and Schoenberg, N.E. (2012). Perceptions of smoking cessation programs in Rural Appalachia. *American Journal of Health Behavior*, 36(3):373-384. <https://doi.org/10.5993/AJHB.36.3.8>
- Schoenberg, N.E., **Howell, B.M.**, and Fields, N. (2011). Community strategies to address cancer disparities in Appalachian Kentucky. *Family and Community Health*, 35(1):31-43. <https://doi.org/10.1097/FCH.0b013e3182385d2c>

Vaughn, L.M., Forbes, J., and **Howell, B.M.** (2009). Enhancing home visitation programs: Input from a participatory evaluation using Photovoice. *Infants and Young Children*, 22(2):129- 142. <https://doi.org/10.1097/01.IYC.0000348054.10551.66>

Vaughn, L.M., Rojas-Guyler, L., and **Howell, B.M.** (2008). Picturing health: A Photovoice pilot of Latina girls' perceptions of health. *Family and Community Health*, 31(4):305-316. <https://doi.org/10.1097/01.FCH.0000336093.39066.e9>

Books & Book Chapters

Worthington, A.K., **Howell, B.M.**, Golden, D.M., & Mahanna, A. (2024). Creating a student-led healthy aging program for diverse older adults in Alaska using Persuasive Hope Theory. In A.K. Worthington, C.L. Fisher, J. Krieger, C. Fowler, M. Pitts, & J.F. Nussbaum (Eds.), *Health Communication, Language, and Social Action Across the Lifespan*, pp. 255-273. New York, NY: Peter Lang. [doi: 10.3726/b21965](https://doi.org/10.3726/b21965).

Howell, B.M., and Harrod, R. (eds). (2023). *Anthropological Perspectives on Aging*. University of Florida Press. <https://upf.com/book.asp?id=9780813069593>.

Howell, B.M. and Harrod, R.P. (2023). Introduction. In **B.M. Howell** and R. Harrod (eds), *Anthropological Perspectives on Aging*, pp. 1-8. Gainesville: University of Florida Press.

Howell, B.M., Fried, R., and Hiratsuka, V. (2023). The importance of traditional foods and subsistence activities for healthy aging in Alaska Native communities. In **B.M. Howell** and R. Harrod (eds), *Anthropological Perspectives on Aging*, pp. 152-171. Gainesville: University of Florida Press.

Howell, B.M. and Harrod, R.P. (2023). Future directions for an anthropology of aging. In **B.M. Howell** and R. Harrod (eds), *Anthropological Perspectives on Aging*, pp. 314-320. Gainesville: University of Florida Press.

Howell, B.M. and McLinden, D. (2020). Defining healthy ageing with community-based participatory research methodologies. In L.T. Duncan (ed.), *Advances in Health and Disease*, vol. 27. Pp. 177-213. Nova Science Publishers.

Howell, B.M., and Shogren, K. (2019). Differing understandings of informed consent held by research institutions, people with intellectual disability, and guardians: Implications for inclusive, ethical research. In A. Cascio & E. Racine (Eds.), *Research involving participants with cognitive disabilities & differences: Ethics, autonomy, inclusion, and innovation* (pp. 27-38). Oxford University Press.

Wies, J., **Howell, B.M.** and Falk, M. (2015). Medical anthropology. In D. Kamat & P.R. Fischer (Eds.), *Textbook of child global health*, 2nd ed. (pp. 65-78). Elk Grove Village, IL: American Academy of Pediatrics.

Howell, B.M. (2010). Human growth and development. In H. James Birx (Ed.), *21st century anthropology: A reference handbook, Volume 1* (pp.47-55). Thousand Oaks: Sage.

- Howell, B.M.** and Shooner, A. (2010). Human biocultural diversity. In H. James Birx (Ed.), *21st century anthropology: A reference handbook, Volume 1* (pp. 56-64). Thousand Oaks: Sage.
- Howell, B.M.** and Stambaugh, M. (2010). Social relationships. In H. James Birx (Ed.), *21st century anthropology: A reference handbook, Volume 2* (pp. 746-755). Thousand Oaks: Sage.

Book Reviews

- Howell, B.M.** (2021). Review of the book *Indigenous Peoples and Dementia: New Understandings of Memory Loss and Memory Care*. *Anthropology & Aging*, 42(2):165-168.
- Howell, B.M.** (2020). Review of the book *Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life*. *Anthropology & Aging* 41(2):274-276.
- Howell, B.M.** (2019). Review of the book *Natural causes: An epidemic of wellness, the certainty of dying, and killing ourselves to live longer*. *Anthropology & Aging* [40\(1\):96-98](#).
- Howell, B.M.** (2012). Review of the book *The daily life of the Inuit*. *Contemporary Journal of Anthropology and Sociology* 2(1):71-73.
- Howell, B.M.** (2011). Review of the book *Yaqui homeland and homeplace: The everyday production of ethnic identity*. *Oral History Review* [\(38\)2:385-387](#).
- Howell, B.M.** (2011). Review of the book *Polio voices: An oral history from the American polio epidemics and worldwide eradication efforts*. *Oral History Review* [\(38\)1:226-228](#).

Additional Publications

- Howell, B.M.**, Hiratsuka, V.Y., Vahle, H., & Rabang, N. (2025). Effective health education strategies for older adult diet and exercise: A scoping review report. *National Resource Center for Alaska Native Elders*. <https://www.uaa.alaska.edu/academics/college-of-health/nrc-alaska-native-elders/documents/Scoping%20review%20report.pdf>
- Howell, B.M.** and Bauder, Z. (2019). Healthy aging in Anchorage is dependent on financial resources and a culture of inclusion. *Senior Voice*, September 1, 2019. Retrieved from <https://www.seniorvoicealaska.com/story/2019/09/01/news/healthy-aging-in-anchorage-is-dependent-on-financial-resources-culture-of-inclusion/2071.html>
- Howell, B.M.** and Davis, K.E. (2019). New physical activity guidelines highlight opportunities for older adults, *Senior Voice; Special edition on health and fitness*, January 15, 2019, pp. H2- H8.
- Howell, B.M.** (2017). [Healthy aging in the north: sociocultural influences on diet and physical activity among older adults in Anchorage, Alaska](#). Dissertation, Department of

Anthropology, University of Kentucky. University Microfilms, Ann Arbor.

Howell, B.M. & Grasse, M. (2017). [Alaska needs its seniors included and involved](#). *Senior voice*, 40(1) January 1, 2017.

Howell, B.M. (2015). [Housing barriers for people with intellectual and developmental disabilities](#). Alaska Governor's Council on Disabilities and Special Education, Alaska Department of Health and Social Services, Anchorage, AK.

Howell, B.M. (2011). Biocultural perspectives on Appalachian anthropology. *Anthropologies: A Collaborative Online Project*, Issue 8, November 2011
<http://www.anthropologiesproject.org/2011/012/issue-8.html>

Howell, B.M. (2011). The role of the biological perspective in Anthropology. *Anthropologies: A Collaborative Online Project*, Issue 5, August 2011
<http://www.anthropologiesproject.org/2011/08/issue-5.html>

GRANTS AND FUNDING

Ongoing

NIH National Institute for Diabetes and Digestive and Kidney Diseases

P30DK092923 (Brega, Manson & Cervantes) 08/01/2026 – 07/31/2031

Proposed UAA subaward: \$153,100

If awarded, I will serve as PI of the Alaska satellite center for the Center for American Indian and Alaska Native Health at the University of Colorado Center for Diabetes Translational Research. This proposal responds to the National Institute of Diabetes and Digestive and Kidney Diseases solicitation under RFA-DK-26-001 to renew the existing Colorado Center for Diabetes Translation Research. The University of Colorado will establish a subcontract with University of Alaska Anchorage to continue their efforts to facilitate diabetes translation research, to disseminate and implement lessons learned in diabetes prevention and treatment interventions, and to build a network of researchers committed to doing this work in communities that can impact diabetes-related outcomes in high-burden populations, specifically American Indian and Alaska Native (AI/AN), Native Hawaiian and Other Pacific Islander (NHOPI), Latino/Hispanic, and rural populations.

Completed

ACL/Administration on Aging

08/01/2023 – 07/31/2025

90OIRC0002

Howell (PI)

Amount Awarded: \$548,447

National Resource Centers on Older Indians, Alaska Natives, and Native Hawaiians.

The primary goal of UAA's National Resource Center on Alaska Native Elders (NRC-ANE) is to enhance knowledge about older Native Americans / Alaska Natives (AI/AN) and thereby to increase and improve the delivery of services to them. The NRC-ANE will concentrate on the development and provision of technical information and expertise and best practices to Indian tribal organizations, Native Alaskan communities, educational institutions including Tribal Colleges and Universities, and professionals and paraprofessionals in the field on nutrition services; long-term care and support services; elder abuse prevention; and other problems and issues facing Indigenous communities.

National Institutes of Health/National Institute on Aging
AG072369
Howell (PI)

02/01/2022 – 04/30/2025

Amount Awarded: \$382,750

R15 Research Enhancement Award Program (REAP) for Health Professional Schools and Graduate Schools: *A Health Education Program to Increase Hope and Improve Energy Balance among Seniors in the Urban Subarctic.*

This study sets out to determine whether a health education program utilizing positive, persuasive hope messages can improve dietary intake, increase physical activity, and result in information diffusion among a diverse sample of Alaska Native Elders living in low-income, subsidized housing environments where older adults are currently experiencing high rates of depression due to COVID-19 restrictions and isolation.

NIH IDeA program of National Institute of General Medical Sciences
Alaska INBRE Sustaining Research Excellence Award

1/2024 – 5/2023

Amount Awarded: \$11,365
Howell (PI)

This award is to provide financial support (one course buy-out) to the PI during Spring 2024 to facilitate the timely publication of several manuscripts.

University of Alaska Faculty Initiative Grant
Tier I

1/2024-12/2024

Kim & Howell (Co-PIs)

Amount Awarded: \$30,000

Project AN CARE: Establishment of an Alaska Native Community-Engaged Aging Research Collaborative: An Inter-College and Community Collaboration

This project aims to establish a group of researchers, professionals, organizations, and Alaska Native community members to assess and address the needs of Alaska Native Elders within the State of Alaska related to aging well, dementia, and dementia caregiving. Project goals include 1) assessing the existing needs of rural Alaska Native Elders that can facilitate aging well, improve dementia care and services, and dementia caregiver support; 2) addressing the identified needs by developing culturally-tailored knowledge and dissemination of educational materials and resources; and 3) enhancing accessibility and visibility of the needs and developed resources by educating professionals, communities, and community members.

UAA Center for Community Engagement & Learning
Community-Engaged Student Assistant (CESA) Program
Amount Awarded: \$1,500
Howell (PI)

12/2022 – 05/2023

Toothbrushing Study at Prestige Care & Rehabilitation Center of Anchorage

This funding covers an administrative scholarship for 2 undergraduate research students to design and conduct a research study testing out the acceptability, feasibility, and effectiveness of the new Willo automatic toothbrush among long-term care residents at Prestige in Anchorage under the oversight of PI.

UAA Center for Community Engagement & Learning
Community-Engaged Student Assistant (CESA) Program
Amount Awarded: \$1,900
Howell (PI)

08/2022 – 12/2023

Age-Friendly Anchorage Project. This funding covers administrative scholarships for three semesters (Fall 2022, Spring 2023 & Fall 2023) for undergraduate students to work in collaboration with AARP Alaska providing needs assessments to the Age-Friendly Anchorage project under the oversight of PI.

NIH IDeA program of National Institute of General Medical Sciences

8/2020-9/2022

Alaska INBRE Exceptional Funding Request Award

Amount Awarded: \$3,189 Howell & Harrod (Co-PIs)

Request for Assistance with Publication Costs for our Upcoming Book: Anthropological Perspectives on Aging.

Anthropological Perspectives on Aging was an innovative book co-edited by multi-disciplinary UAA faculty. The editors worked with University Press of Florida (UPF) to produce this edited volume examining human aging through a biomedical anthropological lens to understand the health implications of a growing aging population. In order to publish the highest-quality text of this nature, the editors requested funding to purchase services and supplies to facilitate the labor-intensive process of book publication (editorial and citation software, professional indexing, etc.).

NIH IDeA program of National Institute of General Medical Sciences

7/1/2022-7/30/2022

Alaska INBRE Carryover Funds

Amount Awarded: \$4,429 Howell (PI)

Designating a Physical Space for the UAA Healthy Aging Research Laboratory

Grant funding to supply computer equipment for the only research laboratory in the Division of Population Health Sciences and the only gerontology research lab at UAA.

University of Alaska Anchorage (UAA)

Center for Community-Engagement & Learning (CCEL)

8/1/21-6/30/22

2020 Selkregg Award

Howell (PI)

Amount Awarded: \$5,000

Improv to Improve: An Improvisational Communications Training Program for Dementia Caregivers in Anchorage.

Development and implementation of a novel, 6-week improv comedy training program for family caregivers of persons with Dementia to build resilience and improve compassionate caregiving in Anchorage, Alaska in collaboration with Alzheimer's Resource of Alaska and Last Frontier of Comedy non-profits.

NIH IDeA program of National Institute of General Medical Sciences

5/2021-8/2021

Alaska INBRE curriculum development award

Amount Awarded: \$11,835 Howell & Whitmore (Co-PIs)

Development of a New Health Sciences Course at University of Alaska Anchorage on Death, Dying, and End-of-Life Care.

This new multi-disciplinary course enhances content within the core curriculum of the Bachelor of Science in Health Sciences (BSHS) degree program. The proposed new course is being co-developed by an anthropologist and gerontologist (Howell) and a developmental psychologist (Whitmore). *HS A320: Death, Dying, and End-of-Life Care* offers an overview of psychosociocultural and biomedical aspects of death and dying and practical implications for end-of-life care and planning. Covered topics will include attitudes and preparation for death, grief practices, end-of-life care options, the care and treatment of the terminally ill, assisted euthanasia, and legal and policy implications for the future healthcare professional.

UAA Office of Academic Affairs

1/1/20-7/30/20

Faculty Development Grant Award Howell (PI)

Amount Awarded: \$2,770

Friendships Forged in Fitness: An Ethnography of Older Women's Social Experiences at a Community Fitness Center.

A mixed-methods study to determine the nature of social relationships created and maintained

by a diverse group of older women in the context of water aerobics classes at a local community center.

UAA National Resource Center for Alaska Native Elders 2019-2020
Faculty Fellowship Howell (PI)
Amount Awarded: \$10,000*

Health and Purpose-in-Life Among Low-Income Older Adults in Urban Alaska.

This study has the following specific aims (1) Identify the psychosocial correlates of PIL among a sample of low-income older adults in urban Alaska, (2) Describe health behaviors, health outcomes, and PIL scores among this sample, (3) Examine the relationship between psychosocial factors, PIL, and health outcomes among this sample. **This study was discontinued due to COVID-19 risk to older adults.*

UAA Center for Community-Engagement and Learning 8/15/19-12/30/19
Faculty Mini-grant Howell (PI)
Amount Awarded: \$2,000

Phase II: Barriers and Opportunities to Healthy Aging Using Concept Mapping.

Project to develop a stakeholder-driven definition of healthy aging in Anchorage, Alaska using Concept Mapping methodology with older adults and service providers to determine *importance* and *feasibility* of concepts.

UAA Office of Academic Affairs 1/1/19-5/30/19
Faculty Development Grant Award Howell (PI)
Amount Awarded: \$2,900

Phase I: Barriers and Opportunities to Healthy Aging Using Concept Mapping.

Project to develop a stakeholder-driven definition of healthy aging in Anchorage using Concept Mapping methodology with older adults and service providers in the field of senior services to identify all factors to healthy aging in Anchorage.

UAA Faculty Leadership in Engaging Undergraduate Research 6/15/19-12/30/19
FLEUR Health & Wellness Award Howell (PI)
Amount Awarded: \$5,010

Bringing Community Wellness Breaks to Low-Income Seniors.

A CBPR project to (1) assess community health needs, (2) develop a health promotion program incorporating nutrition education and physical activity, and (3) implement program as a community-engaged inter-professional education (IPE) project for students in the departments of Population Health Sciences, Dietetics & Nutrition (DN), and Health, Physical Education and Recreation (HPER).

National Science Foundation 2013-2014
PLR-1331019
Arctic Social Sciences Program Howell (PI)

Doctoral Dissertation Improvement Grant: Influences on Nutritional Status among Older Adults of Anchorage, Alaska.

This mixed-methods study employed participant and direct observation, semi-structured interviews, food frequency questionnaires, physical activity assessments, anthropometric measurements (height, weight, waist circumference), and a survey of the sociocultural influences on diet and physical activity with a sample of 82 Alaskan elders in Anchorage. These data, taken together with anthropometric measurements, tested with multiple regression techniques to determine the nature of the relationship between sociocultural factors and nutritional status

outcomes among this population.

University of Kentucky, Department of Anthropology
Susan Abbott-Jamieson Pre-Dissertation Award

2012

Amount Awarded: \$900

Howell (PI)

Pre-Dissertation Research for "Influences on Nutritional Status among Older Adults of Anchorage, Alaska." Funding awarded to travel to Anchorage, AK in advance of dissertation project to make local connections and begin participant observation tasks.

AWARDS & HONORS

- ❖ 2026 Awarded Fellowship status for the GSA's Academy for Gerontology in Higher Education (FAGHE)
- ❖ 2026-2027 UAA Center for Community Engagement & Learning Faculty Fellowship
- ❖ 2025-2026 49th State Faculty Fellowship Award
- ❖ 2023 Alaska INBRE Sustaining Research Excellence Award
- ❖ 2022 UAA/APU Consortium Library Affordable Course Materials Award
- ❖ 2021 UAA Faculty Development Award
- ❖ 2021 UAA Community-Engaged Writing Award
- ❖ 2020 UAA INNOVATE Award
- ❖ 2015 ASFCME Local 52 Tuition Scholarship
- ❖ 2014 James VanStone Advanced Graduate Student Award, Alaska Anthropological Association (tuition award)
- ❖ 2013 Leslie A. White Award, Central States Anthropological Society section of the American Anthropological Association, (\$500) for doctoral dissertation fieldwork
- ❖ 2007 Graduate Student Governance Association Travel Grant
- ❖ 2007 Charles Phelps Taft Graduate Student Travel Grant
- ❖ 2006 UCIT Grant, University of Cincinnati
- ❖ 2006 University of Cincinnati Charles Phelps Taft Graduate Enrichment Grant
- ❖ 2006 University of Cincinnati Global Studies Grant
- ❖ 2006 Graduate Student Research Poster Forum Outstanding Poster Presentation, University of Cincinnati

MANUSCRIPT REVIEWS

July 2026	Manuscript Review, <i>Health and Social Care in the Community</i>
May 2025-present	Associate Editor, <i>Journal of Cross-Cultural Gerontology</i> , Springer Nature
Nov 2023	Manuscript Review, <i>Journal of Gerontology: Social Sciences</i>
2023 – present	Review Board Member, <i>Gerontology & Geriatrics Education</i>
2022 - present	Review Board Member, <i>Gerontology & Geriatric Medicine</i>
December 2022	Manuscript Review, <i>Nutrients</i>
December 2022	Manuscript Review, <i>Cogent Education</i>
April 2022	Manuscript Review, <i>The Open Public Health Journal</i>
March 2022	Reviewed book prospectus for "Fitness in Pandemic Times" for <i>Routledge Publishing</i>
Jan 2022, Feb 2023	Manuscript Review, <i>Journal of Higher Education Engagement & Outreach</i>

Dec 2021 – present	Manuscript Reviews, <i>International Journal of Environmental Research and Public Health</i>
May 2021 – present	Manuscript Reviews, <i>PLOS ONE</i>
2021 – present	Manuscript Reviews, <i>Gerontology & Geriatrics Education</i>
2020	Manuscript Review, <i>International Journal of Qualitative Studies in Health & Well-being</i>
2019 - present	Manuscript Reviews, <i>International Journal of Circumpolar Health</i>
May 2019	Manuscript Review, <i>International Journal of Pediatric Nursing</i>
2017 - present	Manuscript Reviews, <i>Journal of Applied Gerontology</i>
2017-2025	Review Board Member, <i>Review of Disability Studies: An International Journal</i>
2013- present	Manuscript Reviews, <i>The Gerontologist</i>
2015-2017	Manuscript Reviews, <i>Obesity Research</i>
2012	Manuscript Review, <i>Journal of Rural Health</i>
2011-2017	Editorial Board, <i>Anthropologies: A Collaborative Online Project</i>
2010-2017	Manuscript Reviews, <i>Student Anthropologist</i>
2010-2018	Editorial Board, <i>Contemporary Journal of Anthropology and Sociology</i>
Oct 2011	Manuscript Reviews, <i>Disability and Rehabilitation</i>
Feb 2011, Oct 2011	Manuscript Reviews, <i>Journal of Contemporary Anthropology</i>

CONFERENCE PRESENTATIONS & POSTERS

West, N., & Howell, B.M. (paper accepted). Beyond the Bedside: Social Needs and Physical Inactivity Among Alaska's Older Adults. *Alaska Nurses Association annual meeting*, Anchorage, AK, Sep 3- Oct 2, 2027.

Howell, B.M. & Hellem, T. (paper). Mental Health Benefits of Functional Fitness Exercise Interventions in Older Women. Western Institute of Nursing (WIN) Conference, San Francisco, CA, April 21-24, 2026.

Howell, B.M. & Hellem, T. (paper). Mental Health Benefits of Functional Fitness Exercise Interventions in Older Women. ALPHA Health Summit, Anchorage, AK, January 20-22, 2025.

Howell, B.M., Hiratsuka, V.Y., Vahle, H., & Rabang, N. (poster). A Scoping review of effective health education strategies for changing older adult diet and exercise patterns. ALPHA Health Summit, January 20-22, 2025.

Howell, B.M., Whitmore, C., & Kerns-Lyons, C. (paper). Making sure we don't think about death all day: Some tips from health science & psychology instructors. Gerontological Society of America annual conference, Boston, MA, November 16-19, 2025.

Howell, B.M. & Weaver, R. (co-chaired symposium). Using Stakeholder Perspectives to Improve End-of-Life Training Opportunities. Gerontological Society of America annual conference, Boston, MA, November 16-19, 2025.

Howell, B.M., Worthington, A.K., Redmond, L.C., & Hiratsuka, V.Y. (paper). Improving diet, self-rated health, & BMI for older adults with a student-led health education intervention. Gerontological Society of America conference, Boston, MA, November 12-15, 2025.

Howell, B.M., Hiratsuka, V.Y., Vahle, H., & Rabang, N. (poster). A Scoping review of effective health education strategies for changing older adult diet and exercise patterns. UAA Scary Scholars Research Poster Presentation, Anchorage, AK, October 31, 2025.

Hiratsuka, V., Harvill, J, Rabang, N, & **Howell, B.** (poster). Using the ECHO Model to Support Indigenous Elder Programs. OnAging 2025, April 24, 2025, Orlando, FL.

Howell, B.M., Redmond, L.R., Musa, N.A., Worthington, A.K., Mahanna, A., & Maness, N. (poster). Improving elder health behaviors and student learning outcomes with hope-based interprofessional education program. Society for Applied Anthropology annual conference, Portland, OR, March 25-29, 2025.

Howell, B.M., Redmond, L.R., Musa, N.A., Worthington, A.K. & Mahanna, A., & Maness, N. (poster). Improving elder health behaviors and student learning outcomes with hope-based interprofessional education program. 2025 ALPHA Health Summit, Anchorage, AK, January 28-30, 2025.

Livingston, M., & **Howell, B.M.** (paper). Effectiveness and Acceptability of an Automatic Toothbrush Among Residents in a Long-Term Care Home. 2025 ALPHA Health Summit, Anchorage, AK, January 28-30, 2025.

Howell, B.M., Redmond, L.R., Musa, N.A., Worthington, A.K., Mahanna, A., & Maness, N. (poster). Improving elder health behaviors and student learning outcomes with hope-based interprofessional education program. Alaska INBRE Research Conference, Talkeetna, AK, September 27-29, 2024.

Howell, B.M., Redmond, L.R., Musa, N.A., Worthington, A.K., & Mahanna, A. (poster). Improving elder health behaviors and student learning outcomes with hope-based interprofessional education program. Gerontological Society of America conference, Seattle, WA, November 13-16, 2024.

Howell, B.M., Redmond, L.R., Worthington, A.K., & Musa, N.A. (paper waitlisted). A hope-based, interprofessional education program improves older adult health behaviors and student learning outcomes. American Public Health Association conference, Minneapolis, MN, October 27-30, 2024.

Redmond, L.R., **Howell, B.M.**, Worthington, A.K., & Mahanna, A. (paper accepted). Improving fruit and vegetable intake, BMI, and self-rated health among older adults with a student-led health education intervention. American Public Health Association conference, Minneapolis, MN, October 27-30, 2024.

Howell, B.M., Mahanna, A.M., Worthington, A.K., & Maness, N. (poster). Fruit and vegetable intake, physical activity, and functional fitness among older adults in urban Alaska. *Southcentral Foundation Research Open House*, Nuka Wellness Center, Anchorage, AK, June 4, 2024.

Howell, B.M. (paper). A Health Education Program to Increase Hope and Improve Energy Balance among Older Adults in the Urban Southcentral Region. UAF Center for Transformative Research in Metabolism (TRiM) journal club presentation, April 12, 2024.

Guest, M.A. & **Howell, B.M.** (paper). Adaptation and aging: Experiences in Appalachia and Alaska. Society for Applied Anthropology conference, Santa Fe, NM, March 27-30, 2024.

Howell, B.M., Worthington, A.K., Redmond, L.P., & Hiratsuka, V.Y. (paper). Engaging students with older adults via an interdisciplinary hope-based healthy aging research project. Society for Applied Anthropology conference, Santa Fe, NM, March 27-30, 2024.

Howell, B.M., Mahanna, A.M., Worthington, A.K., & Maness, N. (poster). Fruit and vegetable intake, physical activity, and functional fitness among older adults in urban Alaska. Society for Applied Anthropology conference, Santa Fe, NM, March 27-30, 2024.

Howell, B.M., Worthington, A.K., Hiratsuka, V.Y., & Musa, N.A. (paper). A student-led health education intervention improves fruit and vegetable intake and BMI for older adults. Alaska Public Health Summit, Anchorage, AK, January 30-February 1, 2024.

Mahanna, A.M., **Howell, B.M.**, Worthington, A.K., & Hiratsuka, V.Y. (paper). Fruit and vegetable intake, physical activity, and functional fitness among older adults in urban Alaska. Alaska Public Health Summit, Anchorage, AK, January 30-February 1, 2024.

Worthington, A.K., Golden, D.M., Livingston, M.J., Chapman, C.Y., & **Howell, B.M.** (poster). Older adults' perceptions of hope regarding their ability to make diet and exercise changes. 2nd Annual UAA Research, Creative & Scholarly Activity Forum, October 31, 2023.

Howell, B.M. Worthington, A.K., Golden, D. M., Redmond, L.C., and Mahanna, A.M. (poster). Do older adults believe they are aging successfully in the Circumpolar North? 2nd Annual UAA Research, Creative & Scholarly Activity Forum, October 31, 2023.

Worthington, A.K., Golden, D.M., Livingston, M.J., Chapman, C.Y., and **Howell, B.M.** (poster). Older adults' perceptions of hope regarding their ability to make diet and exercise changes. Gerontological Society of America Annual Conference, November 8-12, 2023, Tampa, FL.

Howell, B.M. Worthington, A.K., Golden, D. M., Redmond, L.C., and Mahanna, A.M. (poster). Do older adults believe they are aging successfully in the Circumpolar North? Gerontological Society of America Annual Conference, November 8-12, 2023, Tampa, FL.

Howell, B.M., Rosich, R., and Easley, M. (paper). Teaching in the Tundra: Lessons Learned at the University of Alaska Anchorage. Gerontological Society of America Annual Conference, November 8-12, 2023, Tampa, FL.

Mahanna, A., Livingston, M., Chapman, C., and **Howell, B.M.** (paper). Student Experiences Teaching an Interprofessional Community-based Health Promotion Program for Older Adults. Gerontological Society of America Annual Conference, November 8-12, 2023, Tampa, FL.

Howell, B.M. (paper). The Impact of a Service-Learning Course on Undergraduate Student Attitudes Towards Older Adults. Gerontological Society of America Annual Conference, November 8-12, 2023, Tampa, FL.

Howell, B.M. (paper). Teaching and Research with the Most Vulnerable Population During the COVID-19 Pandemic. Alaska Anthropological Association Annual Conference, February 28-Mar 2, 2023.

Worthington, A.K., **Howell, B.M.**, & Golden, D.M. (poster). Creating a Student-Led Healthy Aging Program for Diverse Older Adults in Alaska Using Persuasive Hope Theory. Alaska Public Health Summit, January 24-26, 2023, Anchorage, AK.

Worthington, A.K., **Howell, B.M.**, Redmond, L.R., Golden, D.M., & Benson, A.M. (poster). Development of a Hope-Based Health Promotion Program to Improve Health Behaviors Among Diverse Older Adults. Alaska INBRE Research Retreat, September 24-25, 2022, Talkeetna, AK.

Worthington, A.K., **Howell, B.M.**, Redmond, L.R., Golden, D.M., & Benson, A.M. (poster). Development of a Hope-Based Health Promotion Program to Improve Health Behaviors Among Diverse Older Adults. UAA Research and Creative & Scholarly Activity Forum, October 31, 2022.

Howell, B.M., and Peterson, J.R. (paper). Experiences and Recommendations for Starting a University Gerontology Research Laboratory. Gerontological Society of America Annual Conference, November 2-6, 2022, Indianapolis, IN.

Howell, B.M., Worthington, A.K., Redmond, L.R., Golden, D.M., & Benson, A.M. (poster). Development of a Hope-Based Health Promotion Program To Improve Health Behaviors Among Diverse Older Adults. Gerontological Society of America Annual Conference, November 2-6, 2022, Indianapolis, IN.

Howell, B.M. (paper). Differing Understandings of Informed Consent Held by Research Institutions, People with Cognitive Impairments, and Guardians: Implications for Inclusive, Ethical Research. Royal Anthropological Society's Mobilizing Methods in Medical Anthropology conference, January 2022.

Howell, B.M., Hanson, B.L., and Wanner, S. (poster). Friendships forged in fitness: An ethnography of older women's social experiences at a community fitness center. Gerontological Society of America annual conference, virtual, November 2021.

Peterson, J., **Howell, B.M.**, and Hahn, M. (poster). Using the OneHealth Model to Study Human Aging in Urban Environments. UAA Faculty and Graduate Student Research and Creative Activity Showcase, Spring 2021 ePortfolio.

Howell, B.M., and Wanner, S. (poster). Older adults and undergraduates mutually benefit from an interprofessional service-learning health promotion program. UAA Faculty and Graduate Student Research and Creative Activity Showcase, Spring 2021 ePortfolio.

Howell, B.M., and Peterson, J.R. (poster). "With age comes wisdom:" A qualitative review of elder perspectives on healthy aging in the Circumpolar North UAA Faculty and Graduate Student Research and Creative Activity Showcase, Spring 2021 ePortfolio.

Peterson, J., **Howell, B.M.**, and Hahn, M. (poster). Examining Human Aging in Urban Settings Using the One Health Model. OneHealth, One Future conference, April 6-11, 2021.

Howell, B.M. (paper). "Oh no she didn't!! Navigating tough conversations in co-authorship. Alaska Anthropological Association, March 2, 2021.

Wanner, S., and **Howell, B.M.** (paper). Older adults and undergraduates mutually benefit from an interprofessional service-learning health promotion program. ALPHA Health Summit, January 26-28, 2021.

Howell, B.M. Seniors and Undergraduates Mutually Benefit From an Interprofessional Service- Learning Health Promotion Program (poster). Gerontological Society of America Annual Conference, November 3, 2020.

Howell, B.M. and Wanner, S. Friendships Forged in Fitness: An Ethnographic Exploration of Older Women's Social Experiences in Water Aerobics. Gerontological Society of America Annual Conference, November 4, 2020.

Howell, B.M., Peckham, M., Wanner, S., Mahler, K., and Sharife, M. (*accepted*). Older adults and undergraduates mutually benefit from an interprofessional service-learning health promotion program (poster). UAA Undergraduate Research & Discovery Symposium, April 16-17, 2020 (*conference cancelled due to COVID-19*).

Peterson, J. **Howell, B.M.**, and Hahn, M. (*accepted*). Can the "One Health" model be used to study human aging in urban environments? (poster). One Health One Future 2020 Conference, March 10, 2020, Fairbanks, AK (*conference postponed due to COVID-19*).

Howell, B.M. and Peterson, J. (2020). "With age comes wisdom:" A qualitative review of elder perspectives on healthy aging in the Circumpolar North (poster). Alaska Anthropological Association annual conference, February 26-29, 2020, Fairbanks, AK.

Howell, B.M., Redmond, L., McKay, K., & Gemzicka, M. Bringing community wellness breaks to low-income seniors: Lessons learned in the development & implementation of A new service-learning university course. Alaska Public Health Association Summit, January 22, 2020, Anchorage, AK.

Howell, B.M. Community-engaged initiatives from the UAA Healthy Aging Research Laboratory. Urban & Rural in Alaska: Community-Engagement Conference, November 15, 2019, Anchorage, AK.

Howell, B.M., Seater, M. and McLinden, D. (paper) "Just one healthcare crisis away from bankruptcy:" older adult perspectives on aging in the urban Subarctic. Gerontological Society of America annual conference, Austin, TX, November 13-15, 2019.

Howell, B.M. and Peterson, J. "With age comes wisdom:" A qualitative review of elder perspectives on healthy aging in the Circumpolar North (poster). Gerontological Society of America annual conference, Austin, TX, November 13-15, 2019.

Howell, B.M. "You just can't get that here:" Negotiating cultural foodways in later life in the Urban Subarctic," joint annual conference of the Association for the Study of Food & Society (ASFS) / Agriculture, Food, and Human Values Society (AFHVS), Anchorage, AK, June 26-29, 2019.

Davis, K.E. and **Howell, B.M.** Aging in Anchorage: A service-learning undergraduate project to assess community needs (poster), Center for Community-Engaged Learning (CCEL) Annual Community Engagement Forum, University of Anchorage, AK, April 26, 2019.

Kish, M. and **Howell, B.M.** Barriers and opportunities to healthy Aging in Anchorage U using concept mapping (CM)" (poster), Center for Community-Engaged Learning (CCEL) Annual Community Engagement Forum, University of Anchorage, AK, April 26, 2019.

Davis, K.E. and **Howell, B.M.** "Aging in Anchorage: A service-learning undergraduate project to assess community needs" (poster), Alaska Evaluation Conference, Anchorage, AK, April 18-19, 2019.

Howell, B.M. "It's a social thing:" Sociocultural experiences with nutrition and exercise in Anchorage, Alaska," Alaska Anthropological Association 46th Annual Meeting, Nome, Alaska, Feb 26-Mar 2, 2019.

Howell, B.M. "Social and cultural influences on older adult health in Anchorage, Alaska," Alaska Anthropological Association 45th Annual Meeting, Anchorage, AK, March 21-24, 2018.

Howell, B.M. and Scheller, R. Developing a research arm within an intellectual and D developmental disabilities (IDD) provider agency (poster), Alaska Anthropological Association 45th Annual Meeting, Anchorage, AK, March 21-24, 2018.

Howell, B.M. Healthy aging in the north: Sociocultural influences on diet and exercise in Anchorage, Alaska, 3rd Annual Alaska Disability & Aging Summit, Anchorage, AK, October 12-14, 2017.

Howell, B.M. Healthy aging in the north: Sociocultural influences on diet and exercise in Anchorage, Alaska, 33rd Annual Pacific Rim International Conference on Disability and Diversity, Honolulu, HI, October 9-11, 2017.

Howell, B.M. and Scheller, R. Developing a research arm within an intellectual and D developmental disabilities (IDD) provider agency (poster), 33rd Annual Pacific Rim International Conference on Disability and Diversity, Honolulu, HI, October 9-11, 2017.

Howell, B.M., Mommsen, L., and Egan, N. Weight Management Strategies and Opportunities for Adults with Developmental Disabilities, 16th Annual Full Lives Conference For Direct Service Professionals, Anchorage, AK, March 22-23, 2017.

Bardach, S., **Howell, B.M.**, and Schoenberg, N.E. "What Motivates Older Adults to Improve

Diet and Exercise Patterns?" Gerontological Society of America Annual Scientific Meeting, Orlando, FL, Nov 18-22, 2015.

Bardach, S., **Howell, B.M.**, and Schoenberg, N.E. "He Said, She Said:" Do Older Adults Remember Their Doctors' Advice for Lifestyle Change? Gerontological Society of America Annual Scientific Meeting, Washington, DC, November 5-9, 2014.

Bennett, K., Starnes, C., Wu, Q., **Howell, B.M.**, and Koempel, A. LGBT Kentuckians: Smoking and Social Connectedness. American Public Health Association, Boston, MA. November 2-6, 2013.

Griebing, S., Vaughn, L.M., **Howell, B.M.**, Dole, D., and Ramstetter, C.L. From Passive to Active Voice: Using Photography as a Catalyst for Social Action. International Congress for Qualitative Inquiry, University of Illinois Urbana-Champaign, May 16-19, 2012.

B.M. Howell and N.E. Schoenberg. Perspectives on Health Eating Among Appalachian Residents. Society for Applied Anthropology, Baltimore, MD. March 27-31, 2012.

Scott, S., **Howell, B.M.**, and McSpirit, S. A Blessing in Disguise? The Impact of a Coal Waste Disaster on Public Perception of Water in Martin County, Kentucky. Appalachian Studies Association, Indiana, PA. March 23-25, 2012.

B.M. Howell, Schoenberg, N.E., Strath, S., and Studts, C. Measurement of Physical Activity among Rural Appalachian Residents. Appalachian Studies Association, Indiana, PA. March 23-25, 2012.

Schoenberg, N. and **Howell, B.M.** Administering a Physical Activity Assessment Project in Appalachian Kentucky. University of Kentucky Exercise Science Speaker Series, Lexington, KY, February 17, 2012.

B.M. Howell and Schoenberg, N.E. Physical Activity Measurement Among Central Appalachians. Anthropologists and Sociologists of Kentucky, Highland Heights, KY. October 21-22, 2011.

Schoenberg, N.E., **Howell, B.M.**, and Fields, N. Appalachian Perspectives on Community Programming for Cancer Prevention and Control. Society for Applied Anthropology, Seattle, WA. March 29-April 2, 2011.

Howell, B.M. The Indigenous Quest for 'The Vital Principle of Bliss': Indigenous Health in Western Nations," and session chair. Southern Anthropological Society, Richmond, VA, March 24-27, 2011.

Howell, B.M. Use of Indigenous Ecological Knowledge as a Tool for Resource Management in the Arctic. Dimensions of Political Ecology: Conference on Nature/Society, University of Kentucky, February 18-19, 2011.

Moster, K., Farber, S., and **Howell, B.M.** The Road to Behavior Change is Both Bumpy and Smooth: Barriers and Facilitators of Patient Safety Training Outcomes. American Evaluation Association, San Antonio, TX, November 10-13, 2010.

Farber, S., McLinden, D., Steel, S., Matulis, J., and **Howell, B.M.** Getting to Impact for a 'Know Thyself' Leader Development Program. American Evaluation Association, San Antonio, TX, November 10-13, 2010.

Howell, B.M. Picturing Health: Using Participatory Research Methods with Latina Girls. Symposium on Latin American and Caribbean Studies, Transylvania University, Lexington, KY, October 16, 2010.

Howell, B.M. Vaughn, L.M. and Forbes, J. Using Photovoice Methodology in a Participatory Evaluation of Home Visitation Programs. American Evaluation Association, Orlando, FL, November 11-14, 2009.

Howell, B.M. What is an Anthropologist Doing Here? An Exploration of Methodological Differences between Academic Fields. Oral History Association, Louisville, KY, October 14-16, 2009.

Farber, S., **Howell, B.M.**, McLinden, D., and Scherr, S. If You Build It They Will Come: Context, Design, Outcomes, and Lessons Learned from an Internal Evaluation Capacity Building Initiative. American Evaluation Association, Denver, CO, November 5-8, 2008.

Howell, B.M. Medical Anthropology at Work: Using Photovoice Methodology to Understand Latina Girls' Perceptions of Health and to Evaluate Hospital Home Visitation Programs. Anthropologists and Sociologists of Kentucky Annual, Glasgow, KY, Oct 17-18, 2008.

Vaughn, L., **Howell, B.M.** Griebeling, S., Dole, D., and Walsh, C. Using Photography as a Catalyst for Social Action. Coalition of Urban and Metropolitan Universities, Highland Heights, KY, October 21, 2008.

Vaughn, L.M., and **Howell B.M.** Community-Based Photography for Social Change: Making the Ordinary Extraordinary, International Conference on Interdisciplinary Social Sciences, Prato, Tuscany, Italy July 22, 2008.

Vaughn, L.M, Forbes, J., and **Howell, B.M.** Using Photovoice Methodology To Give "Voice" To Those Typically Unheard. International Conference on Interdisciplinary Social Sciences, Prato, Tuscany, Italy July 22, 2008.

Vaughn, L.M., Rojas-Guyler, L., and **Howell, B.M.** 2008. Latina Girls "Voice" Their "Picture" of Health. Society for the Psychological Study of Social Issues Biennial Convention, Chicago, IL, June 27-29, 2008.

Vaughn, L.M., and **Howell, B.M.** The Use of Community-Based Photography for Social Change. Society for the Psychological Study of Social Issues Biennial Convention, Chicago, IL, June 27-29, 2008.

Vaughn L.M., Rojas-Guyler, L., and **Howell, B.M.** Picturing" Health: Latina Girls' Perceptions of Health Using Photovoice. Pediatric Academic Society, Honolulu, HI, May 2008.

Howell, B.M. Warfare or Human Sacrifice? The Osteological Indicators of Human Decapitation at Amato, Acari Valley, Peru. Anthropologists and Sociologists of Kentucky Association, Oct 2007.

Howell, B.M. Human Decapitation at Amato, Peru. Paleopathology Association, Philadelphia, PA, May 2007.

Howell, B.M. 2007. Human Decapitation at Amato, Peru. University of Cincinnati Graduate Poster Forum, University of Cincinnati, April 2007.

GRANT, AWARD & CONFERENCE REVIEWS

March 2025	Conference abstract reviewer, American Public Health Association
June 2024	Wellcome Funding (United Kingdom) expert review for grant application utilizing ethnographic methods in a long-term care setting
February 2024	National Institutes of Health (NIH) / National Institute on Aging (NIA) Aging Systems and Geriatrics Study Section, Early Career Reviewer (ECR), February 21-22, 2024
2019 - present	Gerontological Society of America annual conference abstract reviewer.
2018 - 2023	Reviewer, annual scholarship & awards committee, Alaska Anthropological Association.
2019	Reviewer, poster session, Alaska Public Health Association annual conference.
2022	Peer grant reviewer, Administration on Community Living (ACL) falls prevention program.
2018 - present	Peer grant reviewer, Administration on Community Living (ACL) National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), Field-initiated projects on community participation.
2018-present	2018 Disability Pride Celebration planning committee member.
2014-2015	Grant Reviewer, Alaska Traumatic and Acquired Brain Injury Program mini-grants (disburse \$126,000/year), http://linksprc.org/tabi .
2015	Alaska Leadership Consortium Planning Committee member, http://trusttrainingcoop.org/alc/more-info.html
2016	Full Lives Conference for Direct Support Professionals planning committee, Center for Human Development, University of Alaska Anchorage, https://www.uaa.alaska.edu/centerforhumandevelopment/fulllives/
2016	Disability & Aging Summit, planning committee member, Special Olympics Alaska, Anchorage, AK, http://specialolympicsalaska.org/resources/senior-program/
2017	Disability & Aging Summit, planning committee member, Special Olympics Alaska, Anchorage, AK, http://specialolympicsalaska.org/disability-aging-population-summit/

INVITED GUEST LECTURES

- 2026 49th State Faculty Fellows Award Invited Lecture, March 20, 2026
- Washington State University, Prevention Science Colloquium Series, presentation on engaging older adults in lifestyle interventions, Pullman, WA, February 16, 2024
- AARP Alaska/University of Alaska Southeast Brain Health Series, presentation on preventing cognitive decline, Juneau, AK, December 15, 2023
- Presentation on healthy aging, Alaska Faith Community Nurses Resource Center, Providence Medical Center, Anchorage, AK, March 27, 2023
- Presenter, Equitable Care for Cognitive Change and Dementia workshop, October 21, 2022
- Faculty Panelist, UAA College of Health Symposium on Racial Equity & Justice, April 16, 2021
- Faculty Leadership in Aging/Gerontology and Geriatrics Seminar, Center for Advancing Faculty Excellence (CAFÉ), University of Alaska Anchorage

- Department of Communication, University of Alaska Anchorage
- Department of Anthropology, University of Alaska Anchorage
- Division of Population Health Sciences, University of Alaska Anchorage Department of Education, University of Alaska Anchorage Department of Psychology, UAA
- Center for Community Engagement and Learning (CCEL), University of Alaska Anchorage Department of Anthropology, Central Michigan University
- First Year Program Orientation, University of Cincinnati
- Department of Sociology, University of Cincinnati
- Department of Anthropology, University of Cincinnati
- Central Ohio Valley Archaeological Society, Cincinnati OH
- Department of Anthropology, Sociology, and Philosophy, Northern Kentucky University Department of Anthropology, University of Kentucky
- College of Arts, Sciences, and Humanities, Bluegrass Community and Technical College

APPOINTED & ELECTED PROFESSIONAL COMMITTEE WORK

- 2025-present Alaska Falls Prevention Coalition.
- 2025-present Associate Editor, *Journal of Cross-Cultural Gerontology*, Springer Publishing.
- 2025-present Advisory board member, Resource Center for Native Aging and Disability, University of North Dakota.
- 2024-present Alaska Dementia Action Collaborative (workforce working group).
- 2024-present Advisory Committee member, National Indian Council on Aging (NICOA).
- 2023-present *Gerontology & Geriatrics Education* journal editorial board.
- 2023-present *Gerontology & Geriatric Medicine* journal editorial board.
- 2022-present Academy for Gerontology in Higher Education (AGHE) Academic Program Development Workgroup & Peterson Award sub-committee (2024).
- 2021 Academy for Gerontology in Higher Education (AGHE) Editor-in-Chief Search Committee member for the *Journal of Gerontology & Geriatrics Education*, Gerontological Society of America.
- 2019 - Board Member, Alaska Anthropological Association (2019-2023 scholarship review committee, 2019-2021 external affairs chair, 2021-2023 board secretary).
- 2018-2019 Commissioner; Anchorage Women's Commission (Mayor appointed position).
- 2016 - Member; Older Person's Action Group, Anchorage AK.
- 2015-2018 Member; Aging and Disabilities Coalition, Special Olympics Alaska.
- 2017-2018 AnchorRides Appeal Committee, Anchorage AK.
- March 2016 Elected delegate to Alaska Democratic Convention, Anchorage, AK.
- Feb 2016 Elected delegate to Biannual ASFCME Union Convention, Captain Cook Hotel.
- 2015-2017 Co-chair; Anchorage ADA Advisory Commission (Mayor appointed position).
- 2015-2016 Member; United Way Emerging Leaders, Anchorage AK.
- 2014-2016 Steering Committee Member; Alaska FASD Partnership, Alaska Mental Health Trust Authority.
- 2011-2012 Secretary; Graduate Appalachian Research Community (GARC), University of Kentucky.
- 2009-2010 Steering Committee member; Diversity and Cultural Competency, Department of Education and Training, Cincinnati Children's Hospital Medical Center.
- 2006-2007 Secretary/Treasurer; Anthropology Graduate Student Association, University of Cincinnati.
- 2002-2003 Secretary; Anthropology Student Association, Central Michigan University

STUDENT COMMITTEES/FORMAL MENTORING

- 2023, Rebecca Young, PhD (dissertation committee member)
- 2022-2023 research supervisor for:
 - Dale Golden, PhD (clinical-community psychology)
 - Alexis Mahanna, MPH (public health practice)
 - Cara Chapman, M.D. (Alaska WWAMI)
 - Jazlyn Harrison, B.S. (health sciences)
 - Ainsley Benson, B.S. (nursing)
 - Marin Livingston, B.S. (nursing)
 - Najma Musa, B.S. (health sciences)
 - Nicholas Maness, B.A. (anthropology)
 - Ella Johanknecht (West High School Medical Academy)

PROFESSIONAL MEMBERSHIPS

- Certified Dementia Practitioner (CDP®), National Council of Certified Dementia Practitioners, since 2019
- Credentialed Professional Gerontologist (CPG), National Association of Professional Gerontologists (scholar affiliate), since 2017
- Certified and Registered Yoga Teacher, RYT-200, Yoga Alliance, since 2015
- Gerontological Society of America (GSA) member
- Academy for Gerontology in Higher Education (AGHE) section member of GSA
- American Public Health Association (APHA) member
- Association of Anthropology, Gerontology, and the Life Course (AAGE) lifetime member
- American Public Health Association
- Alaska Public Health Association, member
- Alaska Anthropological Association, board member
- Lambda Alpha National Anthropology Honor Society, lifetime faculty member

PROFESSIONAL REFERENCES

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